Saunders®

Lumbar Traction User's Guide

Congratulations on your purchase of a Saunders Lumbar Traction device.

Your new traction device is designed to provide safe and effective traction (stretching) to the lumbar region (low back.) Your traction device requires minimal set-up and is ready to use out of the box. If you have questions regarding its use or to report any problems, contact your authorized Empi Traction Dealer or Empi at 1-800-862-2343.

Read these instructions completely before proceeding.

This device may contain one or all of the following symbols:

For Prescription Only

Refer to User's Guide

Caution

CE

Table of Contents

Warnings and Precautions 2

Indications For Use 2

Contraindications For Use 2

Before You Begin 3

Components 3

Preparing for Treatment 4

Applying Traction 4-6

Hand Pump Operation 7-8

Maintenance and Troubleshooting 8-9

Replacement Parts and Accessories 10

Warranty Information 11-12

⚠ Warnings and Precautions

WARNING: The sale of this device is restricted to individuals by or on the order of a licensed health care provider. The instructions provided by your health care provider should be followed precisely. Do not exceed the recommendations of your health care provider. Exceeding these recommendations may aggravate an existing condition or cause additional injury. Traction should never cause pain. A stretching sensation or some slight discomfort may be felt during treatment. If pain is increased in the neck, back, arms or legs, or if you experience dizziness, nausea or any other type of pain or discomfort during or after treatment, discontinue use immediately and consult your health care provider before further use.

⚠ Indications for Use

Depending upon the advice of your health care provider, traction can be used to treat these conditions:

- back pain
- osteoarthritis
- sciatica
- herniated discs
- muscle tightness
- joint stiffness
- nerve root compression

⚠ Contraindications for Use

Traction should not be used to treat these conditions:

- acute or traumatic injury
- spinal instability
- fracture
- rheumatoid arthritis
- spinal cord compression
- malignancy
- infections and inflammatory diseases
- any other conditions that may be made worse by movement

Before You Begin

Review the guidelines you received from your health care provider regarding the:

- amount of traction recommended (never so much that it causes pain)
- duration (amount of time) of each treatment
- hold and relax times if intermittent traction is recommended
- position
- number of treatments recommended per week or per day (or the frequency of treatments)

For lumbar (low back) traction, remove clothing, belts and accessories around the trunk and lower back area. The upper and lower harnesses will stay more secure if they are in contact with bare skin. Therefore, for best results, slip your shirt up and slide your pants down below your hips or remove them.

Components

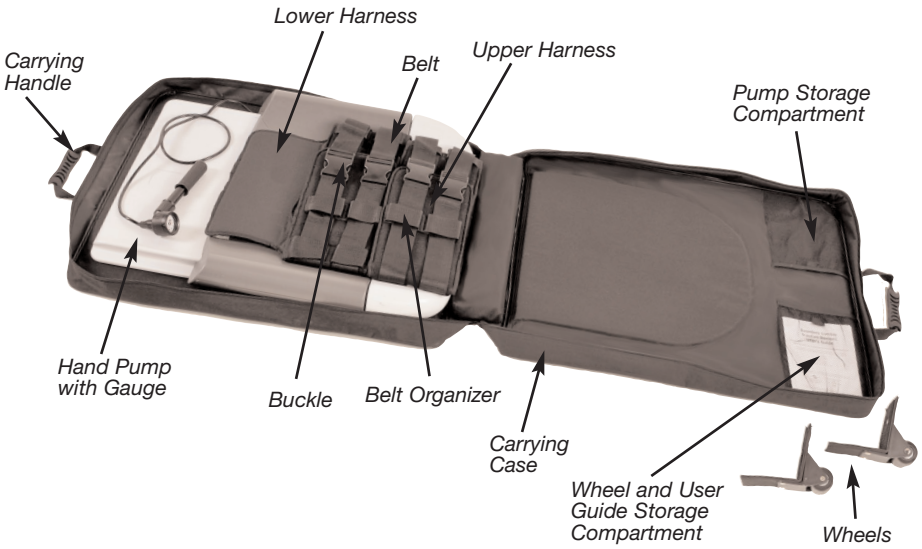


Figure 1. Components of the Saunders Lumbar Traction device.

Preparing for Treatment

1. Place the Saunders Lumbar Traction device in its case on a firm surface or bed with the wheels facing up.

2. Remove the wheels and unzip the case. Open case lid toward the head of the bed or treatment surface.

3. Remove the hand pump from the mesh storage compartment. Place the hand pump next to the device.

4. Open the buckles on each of the harnesses. Position the lower harness so it is slightly overlapping the upper harness.

5. Have a clock, timer or wrist watch available to time your treatment.

Applying Traction

1. Lie down on the Saunders Lumbar Traction device so that the lower harness is one inch over the top of your hips. **NOTE:** The top edge of the lower harness should be positioned just under your navel. See Figure 2.

Figure 2. Proper position of lower harness.

2. If desired, or as instructed by your health care provider, place pillows, wedges or bolsters under your knees, back and/or head (see Figure 3.)

3. Secure the lower harness over your bare skin first. Tighten the belts as snugly as possible without pain. Now secure the upper harness the same way.

   NOTE: The harnesses feature a belt organizer to help keep the buckles properly aligned. A belt organizer is secured to each harness with hook and loop and may be adjusted as appropriate.

4. Apply traction using the pump as described on pages 7 and 8.

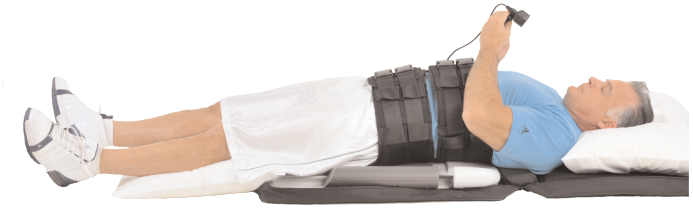
NOTE: Your health care provider may instruct you to:

- use pillows, bolster or chair under your knees for more flexion (forward bending) of your lower back.
- Lie flat with your legs fully straightened for less flexion.
- Place a small towel (or wedge) under the lower stabilization belt for neutral or slight extension (backward bending) of your lower back.
- Lie on your stomach (prone) and have a partner secure the belts.

Refer to Figure 3 for instruction in the various position options.

Figure 3. Position Options

A. Bolster under the knees for more lower back flexion (forward bending)



B. Legs straight for less lower back flexion

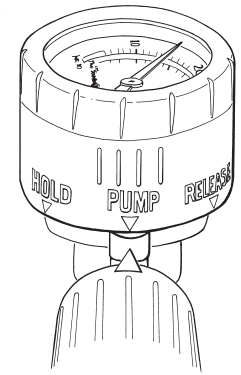
C. Towel under lower stabilization belt for neutral low back position or slight back extension (backward bending)

D. Prone (stomach-lying) for more lower back extension (backward bending.)
***NOTE:** Have a partner secure the harnesses as described on page 5.*

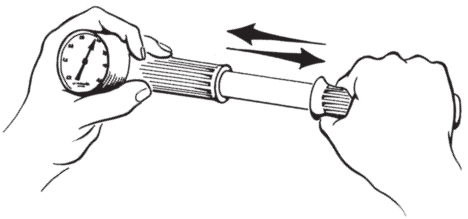
Hand Pump Operation

Once you are secure and comfortable in your Saunders Lumbar Traction device, you will apply traction by pumping air into the system using the hand pump (see Figure 4.)

Figure 4. Hand pump operation.



A) Close-up of gauge housing.



B) Both in and out motions of the pump fill the cylinder with air.

First, rotate the gauge housing of the hand pump to the “PUMP” position. Begin SLOWLY pumping air into the cylinder by stroking the pump handle all the way out and all the way in. Observe the gauge to make sure you are staying within the guidelines provided by your health care provider. When you have reached the desired amount of stretch, rotate the gauge housing to the “HOLD” position. Begin timing your treatment now, following the instructions of your health care provider.

⚠ **CAUTION:** Do not exceed the level of traction prescribed by your health care provider. The stretch provided by traction should never cause pain. Relax . . . let your traction device do the work.

When the treatment is complete, release the traction by rotating the gauge housing to the “RELEASE” position. Slacken the belts and release the buckles. You should relax for a few minutes then slowly move your pelvis from side to side before getting out of the device. The Saunders Lumbar Traction device will return to the starting position once you have gotten off the device.

NOTE: In the course of your treatment it is normal for a small loss of pressure due to the relaxation of your spine. As this occurs, add additional air to return to the prescribed force. If you give too much traction, rotate the gauge housing to the “RELEASE” position to let some air out of the system.

Review of Hand Pump Operation

1. “HOLD” - holds traction force at the desired level.
2. “PUMP” - fills the cylinder with air, increasing the traction force.
3. “RELEASE” - empties air from the cylinder during or after treatment and prior to use.

Maintenance and Troubleshooting

Maintenance

If you believe your Saunders Lumbar Traction device requires maintenance, contact your authorized Empi Traction Dealer or contact Empi at 1-800-862-2343.

Cleaning

All surfaces of your Saunders Lumbar Traction device may be cleaned with a mild detergent or disinfectant. Do not immerse the device in water. The carrying case should be left in the “open” position to air dry. If the device is transferred between different users, all surfaces should be cleaned using standard cleaning techniques paying particular attention to the components that come in contact with the body.

Storage
Your Saunders Lumbar Traction device should be stored in its protective case. Replace the pump in the mesh storage compartment on the inside of the carrying case. Fold all harnesses, closing buckles where applicable. Fully zip the carrying case.

Troubleshooting
The Saunders Lumbar Traction device features a very accurate, sensitive gauge. The pump is specifically designed not to leak in the "HOLD" position. If you notice a drop in the gauge reading when in the "HOLD" position it is probably because you have relaxed or moved slightly. If this happens, return to the "PUMP" position and pump back to the desired force, then reset to "HOLD."

Proper operation of the Saunders Lumbar Traction device requires that the air system be virtually leak-free. If the traction force is not maintained, there may be a leak somewhere in the system.

Questions to Ask:

- Is the pump in the "PUMP" position when pumping?
- Is the pump in the "HOLD" position when receiving treatment?
- Are you lying still? (Any movement will cause fluctuation.)
- Are you pumping slowly?
- Are all connections tight? (i.e. pump hose cap and gauge lens cap)

If the unit is leaking air, try the following:

- Check the air hose and connections at the hand pump for leaks.
- Gently tighten as necessary. Do not over-tighten as the threads may strip.
- Perform a POP test. With no one in the device, PUMP up the pressure until you hear a "pop" noise (at about 200 lbs.) Then rotate the gauge to the RELEASE position and proceed with your treatment.

If you have any questions, please call your authorized Empi Traction Dealer or call Empi Customer Service at 1-800-862-2343.

Replacement Parts and Accessories

Below is a listing of replacement parts and accessories. Please call 1-800-328-2536 for details and pricing.

DESCRIPTION	PART NUMBER
Upper and Lower Harness Kit	199630
Hand Pump Replacement Kit	199614
Carrying Case with Wheels	096495
Wheel Kit (pair)	199634
Belt Extension Kit	199635
User's Guide	360369

Warranty

I. Warranty
Empi warrants the Saunders Lumbar Traction device to be free from defects in workmanship and materials for one year. Empi will repair or replace, at its facility, any product found to be defective. This warranty does not apply to any product damaged by misuse, or repaired or altered by anyone other than Empi in St. Paul, Minnesota.This warranty is in lieu of any or all other warranties, expressed or implied. No person is authorized to bind Empi to any representation of warranty other than those specifically set forth herein. **NOTE:** Warranty period begins with the date of purchase from manufacturer for one year.

II. Limitation of Liabilities and Disclaimer of Warranties
A. Empi's sole obligation in the case of any breach of its warranties set forth in Paragraph I above, shall be, at Empi's option, to repair or replace the Product with a new or factory reconditioned product without charge to Purchaser or to refund the purchase price of the Product. In order to recover under this Warranty, Purchaser must send Empi written notice of the defect (setting forth the problem in reasonable detail) prior to expiration of the Warranty Period, and within 30 days of discovery of the defect. Upon Empi's written request and authorization, Purchaser shall return the Product to Empi, freight and insurance prepaid, for inspection. Notice and return shipment shall be sent to Empi at Clear Lake Industrial Park, Clear Lake, South Dakota 57226. Purchaser may request shipment approval by calling Empi Warranty Repair Department on its toll free number 1-800-862-2343. In the case of repairs or returns outside of North America, contact your Authorized Empi Distributor, or contact Empi directly at 1-800-328-2536. Empi will not be responsible for damage due to improper packaging or shipment. If Empi determines in its sole reasonable discretion that the Product contains defective workmanship or materials. Empi will refund to the Purchaser the purchase price for the defective product, or return the repaired Product or a replacement thereof to Purchaser, freight and insurance billed to the Purchaser, as soon as reasonably possible following receipt of the Product by Empi. If Empi determines in its sole reasonable discretion that the Product does not contain defective workmanship or materials. Empi will return the Product to the Purchaser, freight and insurance billed to the Purchaser.

B. This warranty is voided immediately as to any Product which has been repaired or modified by any person other than authorized employees or agents of Empi or which has been subjected to misuse, abuse, neglect, damage in transit, accident or negligence.

C. EXCEPT AS PROVIDED IN PARAGRAPH I, THE PRODUCT IS BEING SOLD ON AN "AS IS" BASIS, ALL ACCESSORIES ARE SOLD "AS IS", AND THE ENTIRE RISK AS TO THE QUALITY AND PERFORMANCE OF THE PRODUCT IS WITH PURCHASER. THE WARRANTY PROVIDED IN PARAGRAPH I IS INTENDED SOLELY FOR THE BENEFIT OF THE INITIAL PURCHASER AND EMPI DISCLAIMS ALL OTHER WARRANTIES, EXPRESS OR IMPLIED INCLUDING, BUT NOT LIMITED TO ANY IMPLIED WARRANTIES HOWEVER, THAT NOTWITHSTANDING THE FOREGOING SENTENCE IN THE EVENT AN IMPLIED WARRANTY IS DETERMINED TO EXIST, THE PERIOD FOR PERFORMANCE BY EMPI THEREUNDER SHALL BE LIMITED TO THE LIFETIME OF THE INITIAL PURCHASER. NO EMPLOYEE, REPRESENTATIVE OR AGENT OF EMPI HAS ANY AUTHORITY TO BIND EMPI TO ANY AFFIRMATION, REPRESENTATION OR WARRANTY EXCEPT AS STATED IN THIS WRITTEN WARRANTY POLICY.

(This Warranty give Purchaser specific legal rights and Purchaser may also have other rights which vary from state to state. Some states do not allow limitations of how long an implied warranty lasts, so the above limitation may not apply to the Purchaser.)

D. EMPI SHALL NOT BE LIABLE TO ANY PERSON FOR ANY DIRECT, INDIRECT, SPECIAL, INCIDENTAL, OR CONSEQUENTIAL DAMAGES, LOST PROFITS OR MEDICAL EXPENSES CAUSED BY ANY DEFECT, FAILURE, MALFUNCTION OR OTHERWISE OF THE PRODUCT, REGARDLESS OF THE FORM IN WHICH ANY LEGAL OR EQUITABLE ACTION MAY BE BROUGHT AGAINST EMPI (E.G. CONTRACT, NEGLIGENCE OR OTHERWISE) THE REMEDY PROVIDED IN PARAGRAPH I ABOVE SHALL CONSTITUTE PURCHASER'S SOLE REMEDY. IN NO EVENT SHALL EMPI'S LIABILITY UNDER ANY CAUSE OF ACTION RELATING TO THE PRODUCT EXCEED THE PURCHASE PRICE OF THE PRODUCT. (The Warranty give Purchaser specific legal rights and Purchaser may also have other rights which vary from state to state. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation may not apply to the Purchaser.)

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